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VANCOUVER • MONDAY • DECEMBER 16, 2009 metronews.ca

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Santa checkin' his H1N1 list for hand sanitizer

'TIS THE SEASON Some mall Santas are taking precautions against H1N1 by outfitting their helpers with hand sanitizer to give to children before they sit on the jolly old elf's lap.

One Santa, who will be greeting kids in Kelowna, said he'll be sure to get the H1N1 shot once he's eligible.

He'll also be changing his gloves more often.

Public health officials, however, say sitting on Santa's lap is no more risky than being at school or daycare.

KRISTEN THOMPSON/
METRO VANCOUVER
WITH FILES FROM
THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Canada pg 7

Payoff for clown's trip

Celebrity Buzz pg 22



Angie more crafty than Jen?

On the web

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Leos On top



B.C. Lions slot back Paris Jackson and linebacker JoJuan Armour celebrate the Leos' overtime win yesterday against the Hamilton Tiger-Cats. With the victory, B.C. advances to the CFL Eastern Conference final in Montreal next weekend. Story, page 16.

Flood watch issued for area

It's expected that by this evening, around 100 mm of rain will have fallen on Vancouver in the past 24 hours — more than half the average rainfall for the entire month — says the Ministry of Environment.

As a result, a flood watch has been issued for areas

around rivers and creeks.

The North Shore, which got upwards of 80 mm of rain last night alone, is expected to be even wetter, said meteorologist David Wray.

"Certainly these kind of events don't happen all the time, but they do happen

on a yearly basis," Wray said. "Nothing alarming, but it's a fair amount of rain in a short period of time."

The average rainfall in November is 178.5 mm.

The heavy rains are forecast to abate tomorrow.

KRISTEN THOMPSON/
METRO VANCOUVER

Remove viaducts: Councillor

Meggs eyes more development

JEFF HODSON
jeff.hodson@metronews.ca

A Vancouver councillor wants to curb the Georgia and Dunsmuir viaducts.

Geoff Meggs wants staff to examine the benefits and costs of removing the viaducts — what he calls the "vestigial rump" of a rejected plan to build a freeway through Vancouver in the 1970s.

"I lived for a number of years in Strathcona, which is where the viaducts land," Meggs said. "It's still very destructive to the neighbourhood."

Meggs points to other cities, like San Francisco, that have reaped positive benefits from removing elevated freeways. San Francisco, he said, revitalized its waterfront after removing the Embarcadero Freeway that was damaged in the 1989 earthquake.

Meggs said the viaducts are noisy and take up a lot of space. Removing them would be expensive, but could free up five or six blocks of land for development.

It would, however, remove key transportation connections that would have to be replaced, he said.

Vancouver should get some idea of what life

Downtowns

- Portland and Boston are two large American cities that have removed freeways from their downtowns.
- Toronto has toyed for years with demolishing the Gardiner Expressway to open up the city's waterfront.

would be like without the viaducts as they will be closed for almost a month during the Winter Olympics for security reasons.

The city, Meggs added, is embarking, this week, on discussions about the future of Northeast False Creek, the area around B.C. Place and GM Place. A long-term plan for the viaducts would impact development in that area.

There is also an issue with contaminated soil beneath the viaducts from the area's industrial past.

Meggs' motion goes to council tomorrow. If OK'd, councillors could know by spring how much removing the viaducts could cost and whether it is a viable option.

"A lot of people are worried because they use the viaducts," he said, "and they worry about goods, transportation and things we need for the long run."

"But people are open to the idea because we're not talking about eliminating connections here, we're trying to build better ones."



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Local



Whale names pouring in

One week into its Name the Baby Beluga contest, the Vancouver Aquarium has already received 1,800 entries. Suggestions so far include Borealis, in honour of the baby beluga's mother, Aurora; Miki, which is short for miki-juq, meaning "little" in Inuktitut; and iPod, a play on words since a group of belugas is known as a pod.

METRO VANCOUVER



News in brief

STABBING A 36-year-old Burnaby man is recovering from non-life-threatening injuries after being stabbed during an attempted robbery Saturday night in the 2800 block of W. 4th Avenue.

DEATHS Two separate accidents have left two pedestrians dead in the Lower Mainland — one in Richmond and the other in Ridge Meadows. Police say the wet weather may be partly to blame. **METRO VANCOUVER**

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WHAT'S ONLINE TODAY

Immigration Guidy Mamann on how a court decision may give relief to sponsors on the hook for social assistance at metronews.ca/immigration



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 These results are not official.

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'I will never give up hope'

Wife of missing man makes statement as search goes on

KIMBERLY SHEARON
 for Metro Vancouver



The search for Vancouver businessman Pierre Parkinson continued yesterday as some 40 volunteers combed Pacific Spirit Park for clues to the 41-year-old's whereabouts.

Parkinson has been missing since Nov. 8, and was last seen leaving his home on Vancouver's east side.

His family says the disappearance is completely out of character for the married father of two young sons.

Parkinson's wife, Paula, spoke publicly on the disappearance for the first time yesterday afternoon at Spanish Banks.

"Pierre, if you're listening, I want you to know that the boys and I will never give up hope and we'll keep on searching until you're safe by our side," she said, blinking back tears.

Parkinson's car was found at Prospect Point in Stanley Park last week, but to date, air, water and ground search efforts turned up little in the way of leads, said Sean Gocher,



Paula Parkinson, wife of missing businessman Pierre Parkinson, speaks to reporters at Spanish Banks yesterday while family friend Jonathan Benny looks on.

Website to help with search

• Friends and family have launched a website dedicated to finding Pierre Parkinson. Those interested in joining the

search are encouraged to go to findpierre.com to download a poster to aid the canvassing effort.

who speaks for the Parkinson family.

An "exhausting" targeted grid search of Stanley

Park has already been completed. The search effort fans out over Metro Vancouver and stretches all the

way from Tsawwassen to Deep Cove and Lighthouse Park on the North Shore.

"We know what the scenarios are and we just want to make sure we leave no stone unturned and that we've blanketed everywhere," Gocher said.

Anyone who sees Parkinson is asked to stay with him and call 911 immediately.

Choice of Olympic hockey tickets remaining limited

VANCOUVER 2010 Games

Those looking to score Olympic tickets can still get their mitts on passes to see men's and women's hockey

preliminaries featuring medal longshots Belarus and Slovakia. If that's not your thing, you might just be out of luck.

The third and final phase of ticket sales for the 2010 Olympic and Paralympic

Games opened Saturday at 10 a.m. More than 100,000 tickets — including ones to the men's hockey gold medal game — were available on a first-come, first-serve basis.

VANOC said operations

ran smoothly despite high traffic levels. Organizers had delayed the sale until Saturday because of a massive computer glitch the week before.

KIMBERLY SHEARON/
 FOR METRO VANCOUVER

Vaccination eligibility expanded

KRISTEN THOMPSON
 kristen.thompson@metronews.ca



All children and teens, seniors with chronic health conditions, first responders, and health-care workers are now eligible to be vaccinated against the H1N1 flu in British Columbia.

The Ministry of Health expanded eligibility today to include the four new

groups with the arrival of 258,000 doses of the vaccine. High-risk patients, like pregnant

women and aboriginal people, are still eligible.

"The number of people in these new eligible groups is significantly greater than the amount of vaccine we currently have in B.C., so not everyone will be able to get immunized next week," said provincial health officer Dr. Perry Kendall.

The vaccination program has been marred by shortages that kept patients in long lines outside clinics while others were turned away.

But Kendall said the vaccine is expected to go further now, thanks to new recommendations that children only need the shot once, and expanded use of the unadjuvanted vaccine to healthy people between 10 and 64.

Doses

- B.C. has received 1.16 million doses of the vaccine.
- For clinic information visit health.gov.bc.ca/flu.

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Tourism Vancouver is offering Olympic prize packages to people who sign up to receive its monthly email newsletter. The top prize, valued at more than \$10,000 US, includes three nights at a four-star downtown Vancouver hotel and tickets to the men's hockey bronze medal game. **METRO VANCOUVER**

City to slash 158 jobs due to shortfall

LABOUR Vancouver will trim 158 jobs to bridge a \$60-million budget gap.

The shortfall is the result of a decline in city revenues and an increase in salaries, debt and operating costs.

In September, Penny Ballem, the city's manager, said the city would chop that deficit in half, to \$27 million, by implementing a shared services review and by cutting 58 staff.

Budgets

Budget scenarios will be presented to council tomorrow.

On Friday, however, the city announced that it would cut 158 staff

members.

The cost cutting will impact a number of city services, including the Vancouver police who will hold off hiring 20 new officers.

The Vancouver public library will cut almost 26 full-time jobs and the Parks board 13 full-time jobs.

METRO VANCOUVER

Games both blessing, burden for Robertson

Gang warfare. Freak snow-falls. The start of the H1N1 pandemic.

The first year of Mayor Gregor Robertson's mandate brought multiple crises and he faced them with the added pressure of the upcoming 2010 Winter Olympics.

With the world watching, the host city's happenings have suddenly become international incidents.

But Robertson, elected one year ago this past weekend, said the Games are also an asset that are providing a boost to his priorities.

"The Olympics have given us a clear deadline and pressure points in our conversations with the province and federal governments," he said.

When elected, Robertson set an ambitious goal to end homelessness by 2015. In the last year, federal and provincial governments and the city have announced money for

everything from bunk beds at a downtown church shelter to the refurbishment of entire hotels.

Robertson also campaigned for safer streets from the city's gang violence

that has slowed thanks in part to an influx of cops and dollars.

But there

are major concerns that Olympic security will turn the city into a rights-free zone.

And while the Canada Line, improvements to the Sea-to-Sky Highway and community centres will be lasting legacies of the Games, the mayor said the volunteer culture created will have as much of a lasting effect.

"You end up with tens of thousands of people who can work well on a large scale and channelling that back into key priorities for our city is a real opportunity," Robertson said.

THE CANADIAN PRESS

Mayor Gregor Robertson



Ski jumper Charlotte Mitchell reacts Friday to a ruling that denied the inclusion of women's ski jumping in the 2010 Games.

Ski jumpers denied Games bid

SPORTS Women ski jumpers have been grounded after a B.C. court denied their appeal but they say they're fine with men still getting their chance to soar at next year's Olympics.

The B.C. Court of Appeal ruled Friday that VANOC is not in breach of the Canadian Charter of Rights and Freedoms by staging only men's ski jumping at the Games. In the women's original lawsuit, they asked that both sexes be allowed to jump or that the men be grounded as well.

Spokesman Deborah Folka said the 14 plaintiffs don't plan to protest at the

Olympics: "We will not do anything to take the dignity of events from other athletes," said Folka.

She said that a very slim possibility of the women being allowed to jump rests with the International Olympic Committee. "We will not make it to the 2010 Olympics by legal means, but there is still the possibility that the IOC changes its mind," said Folka.

VANOC responded that "(it) remains supportive ... of having women's ski jumping added to the roster of future Olympic Winter Games."

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Whistler wasn't the only mountain open early for ski season. Grouse Mountain also welcomed skiers, snowboarders and snow-lovers of all kinds this weekend, one month earlier than it did last year. **METRO VANCOUVER**

Program lets visitors give back

CHRIS KELLY
for Metro Canada



Desperate for accommodation for her party of six during the Vancouver Olympic Games, Calgarian Andrea Clements turned

VANCOUVER 2010 Games

to the Internet at the suggestion of a friend.

She found Homes for the Games, which matches up Olympic visitors with Van-

couver hosts, and found her social conscience soothed as well.

"Knowing that 50 per cent of what I pay goes to homeless charities was what sold me," said Clements. "Hotel rooms were grossly expensive, if

there were any available at all, and this was a way to give back to a city, which is giving so much of itself to the Games."

Homes for the Games is the brainchild of Charles Montgomery, a Canadian journalist, who was com-

pelled by the idea of involving Vancouverites in opening up their homes to out-of-town visitors and helping out charities at the same time.

"Charles and the rest of the board of directors wanted to bring an Olympic legacy of a different sort to Vancouver," said Deena Tukaryk, a board member and marketing co-ordinator for the project.

Fifty per cent of the proceeds are donated to either the Street to Home Foundation or Covenant House Vancouver.

Ambulances go out of service

PARAMEDICS Around a quarter of Fraser Valley-area ambulances were out of service on the weekend after more than 50 paramedics — who until recently had been on strike — booked off their shifts, according to the B.C. Ambulance Service.

Residents in Boston Bar, Hope, Agassiz and Pemberton were without ambulances altogether and had to rely on those belonging to neighbouring municipalities. According to the B.C. Ambulance Service, patients with serious injuries were given priority.

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Women off to Europe to discuss tarsands issues

Three aboriginal women from Canada are visiting the U.K. and Ireland to raise awareness around human rights issues in the Alberta tarsands, CBC News Online reports. **METRO NEWS SERVICES**

Canada

Laliberte's \$35M trip to space paying off?

Press coverage worth \$592M, study says

Canada's first space clown can brag that his recent trip into the cosmos generated at least 23 times more international news coverage this year than this country's mission in Afghanistan.

At least that's according to a calculation done by a media research group hired by Guy Laliberte, the Cirque du Soleil founder who recently became the country's first space tourist.

The Quebec billionaire hired Montreal-based Influence Communication to look at radio, TV, newspaper and Internet coverage

from 71 countries of his cosmic voyage.

The firm has released analysis that it would have cost \$592,425,679 to buy that much advertising space for Laliberte and his environmental foundation. The Cirque founder originally shelled out \$35 million US for his extra-terrestrial flight. Laliberte blasted off on Sept. 30, and spent 11 days travelling or aboard the International Space station.

Jean Lambert, a senior analyst at Influence, says his firm began its tracking on June 4th, the day Laliberte held a news conference to

officially announce his trip. Through mid-October, it counted approximately 41,000 reports about Laliberte and his One Drop environmental foundation.

By way of comparison, Canada's mission in Afghanistan showed up in 1,812 news items over the entire year, from January to mid-October.

THE CANADIAN PRESS

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Small mission, big success: Vance

AFGHANISTAN The war Brig-Gen. Jonathan Vance found himself fighting was a small one.

Under his command, Canadian troops in Afghanistan reduced their area of operation by more than half. With his overstretched forces relieved this summer by a surge in American forces, Vance focused on six villages with a combined population of no more than 5,000 people.

But in those villages, Vance claims to have given momentum to a mission that was fast losing ground to insurgents in the field and critics at home.

"I would say we are at a turning point in the mission," Vance told The Canadian Press in the final days of his 10-month tour. "We are far more aligned and able to resource the challenges, I think, in terms of direct support to the Afghan population. It's just gotten better as our force ratio has improved."



Canadian Brig-Gen. Jonathan Vance talks to media in Kandahar, Afghanistan last week. Under his command, Canadian troops in Afghanistan reduced their area of operation by more than half.

With Canadian troops now concentrated in Kandahar city and the districts of Dand and Panjwaii, Vance ended the practice of chasing insurgents from village to village before returning to heavily fortified outposts. Known by some soldiers as "mowing the grass," it proved ineffective at addressing the root causes of the insurgency.

Vance's idea was to leave soldiers in a series of small villages, allowing them to provide security and short-term development projects. Locals were paid for basic tasks, depriving the Taliban of foot soldiers. The hope was to attract nearby villages as well, expanding an "inkblot" of stability friendly to Canadians.

THE CANADIAN PRESS

News in brief

HEALTH Government labs, including the one handling samples of swine flu, struggle to keep track of viruses and bacteria, a recent audit found. The Public Health Agency of Canada document warns weak

controls at federal facilities could allow harmful pathogens to go missing, or be used for less-than-scientific purposes.

FLU VACCINE Some health authorities across the country

have tossed out hundreds of doses of the swine-flu vaccine because of miscalculations over how many of the time-sensitive dosages are needed at community clinics.

THE CANADIAN PRESS

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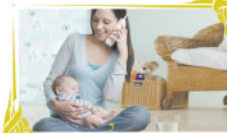
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Winnipeggers are being told to avoid deer by Manitoba's Conservation Department, as many of the animals are being spotted roaming inside the city during mating season, CBC News Online reports. An average of 1,600 collisions with wildlife are reported each November. METRO NEWS SERVICES

APEC not backing climate deal

SUMMIT Global climate change negotiators are bogged down in minutiae and need to step back and look at the big picture, Prime Minister Stephen Harper said yesterday. His comments came as leaders of the 21-nation Asia-Pacific Economic Co-operation summit — who represent almost two thirds of global greenhouse gas emissions — officially put a bullet in any hopes for an international breakthrough at next month's UN climate conference in Denmark.

Harper was just one of several leaders who emerged from a breakfast meeting yesterday dedicated to the climate issue to say no deal will be reached in Copenhagen.

The prime minister said there was "a pretty strong consensus at the meeting this morning that countries of the world remain a long way from a binding, legal treaty on climate change."

Harper noted that there are some 3,000 "bracketed pieces of text" in the Copenhagen working document — diplomatic-speak for areas that need further negotiation.

"I don't think that can be



Prime Minister Stephen Harper speaks with Brunei's Sultan Hassanal Bolkiah as the leaders wait for the closing statement at the Asia-Pacific Economic Co-operation Summit in Singapore yesterday.

attributed to any one country," he said. "There obviously are significant areas of disagreement."

Climate was not expected to dominate this summit on the 20th anniversary of APEC's founding, but as the last major summit before the United Nations convenes in December the issue infused discussions on global economy and trade.

The chair of the UN climate conference, Danish

Prime Minister Lars Løkke Rasmussen, flew to Singapore to salvage what he could, pitching APEC leaders on the notion of a "politically binding" deal that could be fleshed out later with legal language at another conference next year in Mexico.

Even that watered down objective could only muster a "fair consensus" among APEC leaders, according to Harper.

THE CANADIAN PRESS

PTSD over-diagnosed in Canada, study says

Psychiatrist says situation costing millions

A new study suggests post-traumatic stress disorder is being over-diagnosed in Canada and the western world — a potentially costly situation that could lead to skyrocketing disability claims.

It's a viewpoint that flies in the face of popular opinion as more and more soldiers returning from Iraq and Afghanistan struggle to re-integrate.

Western nations, including Canada, have proactively rejected old stereotypes in an effort to improve serv-

ices for those grappling with the psychological trauma of war.

But Memorial University psychiatrist Dr. Amin Muhammad warns Canada could face a "huge economic burden" if mental-health professionals aren't more cautious about diagnosing the condition.

The study's principal author argues PTSD is complex, not fully understood by clinicians and therefore difficult to disprove once the label is given.

"Many cases of PTSD are

not the pure cases but just acute reactions to stress, depression or anxiety disorders," he said.

The Newfoundland-based psychiatrist began looking into the matter after more and more patients — many of them Canadian Forces veterans — started asking him to sign disability claim forms.

His study is based on his own experience, those of his colleagues and the vast amount of literature that currently exists about PTSD.

THE CANADIAN PRESS

Parizeau pushes for sovereignty

QUEBEC Jacques Parizeau wants to breathe new life into the sovereignty debate.

The still influential former premier argues in a new book coming out today that Quebec independence is necessary in an increasingly globalized world.

He says that as

economies, communications and cultures become more tightly integrated, the role of the nation state becomes more relevant.

Parizeau says he put pen to paper in order to help rejuvenate the sovereigntist movement.

THE CANADIAN PRESS

News in brief

PARKS Parks Canada wants to lure more people into national parks by making camping and visits friendlier to families, city slickers and new Canadians.

New statistics show an overall drop of nine per cent in attendance at national parks since the 2007-08 season.

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Woman charged with theft by deception after allegedly faking cancer

Authorities say a Texas woman lied about having breast cancer and spent \$10,000 raised at a benefit to have her breasts enlarged. McLennan County sheriff's investigator James Pack says in court records that 24-year-old Trista Joy Lathern shaved her head to look like a cancer patient undergoing chemotherapy. **THE ASSOCIATED PRESS**

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World



Iran's first lady gives speech on hunger

Iran's first lady has made a rare public appearance and even more rare, a speech, at a Rome forum on the eve of a UN summit to fight hunger. The wife of President Mahmoud Ahmadinejad almost never appears in public with her husband and is believed never to have addressed a public gathering. Azam al-Sadat Farahi, left, came to a forum of wives of heads of state yesterday. The summit on strategy to fight world hunger begins today at the Rome headquarters of the UN Food and Agriculture Organization. **THE ASSOCIATED PRESS**

Call-girl blogger ID's herself

U.K. A British scientist says she is Belle de Jour, the anonymous blogger whose accounts of life as a call girl were turned into books and a TV series. Brooke Magnanti was quoted by the Sunday Times as saying she decided to reveal her secret because she was afraid an ex-boyfriend would expose her. Magnanti, 34, is a child health researcher at the University of Bristol. She told the newspaper she turned to the sex trade in 2003 while finishing her Ph.D. She blogged about the experience in the guise of Belle de Jour, which formed the basis of three books and the British TV series, *Secret Diary of a Call Girl*. Magnanti said on her blog she was relieved "to be able to defend what my experience of sex work is like to all the skeptics and doubters." **THE ASSOCIATED PRESS**



Magnanti

Apologies for child migrants

Australian Prime Minister Kevin Rudd apologized yesterday to thousands of impoverished British children shipped to Australia in past centuries with the promise of a better life, only to suffer abuse and neglect thousands of miles from home.

At a ceremony in the capital of Canberra attended by tearful former child migrants, Rudd apologized for his country's role in the migration and extended condolences to the 7,000 survivors of the program who still live in Australia.

"We are sorry," Rudd said. "Sorry that as children you were taken from your families and placed in institutions where so often you were abused. Sorry for the physical suffering, the emotional starvation and the cold absence of love, of tenderness, of care. Sorry for the tragedy — the absolute tragedy — of childhoods lost."

The apology comes one day after the British government said Prime Minister Gordon Brown would apologize for child migrant programs that sent as many as 150,000 poor British children as young as three to Australia, Canada and other former colonies over three and a half centuries.

The programs, which ended 40 years ago, were intended to provide the children with a new start — and the British Empire with a supply of workers. But many children ended up in institutions where they were physically and sexually abused, or were sent to work as farm labourers.

A 1998 British parliamentary inquiry noted that "a further motive was racist: the importation of 'good white stock' was seen as a desirable policy objective in the developing British Colonies."

THE ASSOCIATED PRESS

News in brief

CHINA Plans to raise the water level behind China's massive Three Gorges dam to full capacity this month — which would mark the symbolic culmination of the decades-old project — have stalled amid a worsening drought and reports of increased landslide risks. **THE ASSOCIATED PRESS**

mination of the decades-old project — have stalled amid a worsening drought and reports of increased landslide risks. **THE ASSOCIATED PRESS**



U.S. President Barack Obama looks on while his Russian counterpart Dmitry Medvedev shakes hands with U.S. Secretary of State Hillary Rodham Clinton on the sidelines of the APEC summit in Singapore yesterday.

U.S., Russia agree to arms reduction

SINGAPORE U.S. President Barack Obama said yesterday the United States and Russia would have a replacement treaty on reducing nuclear arms ready for approval by year's end, an announcement designed as an upbeat ending to a summit with Asia-Pacific leaders.

While publicizing progress with Russia on arms control — part of Obama's agenda to advance nuclear disarmament — the president and other leaders bowed to the obvious on climate change. They discussed a compromise agree-

1,500-1,675

Number of nuclear warheads the U.S. and Russia agreed to each reduce to during a summit last July.

ment for a 192-nation gathering next month in Copenhagen, indirectly admitting that the meeting would not produce a new global treaty to reduce the heat-trapping carbon emissions that are warming the planet.

Obama and Russian President Dmitry Medvedev met on the sidelines of the Asia-Pacific summit of APEC na-

tions to announce good progress in negotiations on an updated pact to replace the START nuclear arms agreement that expires on Dec. 5. Sitting, gesturing and leaning toward his Russian counterpart, Obama said the pair discussed a successor to the 1991 Strategic Arms Reduction Treaty and described "excellent progress over the last several months."

"I'm confident that if we work hard and with a sense of urgency, we'll be able to get that done," Obama said, adding technical issues remain. **THE ASSOCIATED PRESS**

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the **3ay**
OPTICAL

NASA welcomes Tweeps

Fingers will be flying when space shuttle Atlantis blasts off today: About 100 of NASA's geekiest fans will be on hand, pecking away at iPhones, BlackBerrys, laptops and other Twittering gadgets.

They plan to let loose with electronic messages — provided they aren't so swept away by the afternoon liftoff that they fall uncharacteristically silent

for a moment or two.

The tweeps, as they're called, represent 21 U.S. states plus the District of Columbia, as well as five countries.

"I'll be uploading stuff as it happens," promised Steve Wake, 38, a computer programmer who flew in from Denver.

For the first time ever, NASA last month invited its Twitter followers to sign up online for the chance to see

a space shuttle launch up close.

The 100 slots — and 50 backup positions — filled in less than 20 minutes on Oct. 16. The two-day gathering got underway yesterday at Kennedy Space Center with talks by NASA officials, including the first Twittering astronaut, Michael Massimino, aka Astro-Mike. The discussions were streamed live on the Internet, and the "tweetup" gathering was

near the top of Twitter's trending topics yesterday morning.

Astronauts have been tweeting from Earth and orbit since spring. While NASA already has held a few of the tweetups — so-called meet ups of people who use Twitter — it's the first for Kennedy Space Center, a high-security area requiring government clearance.

THE ASSOCIATED PRESS

News in brief

LONDON British police hunting a burglar and rapist suspected of attacking more than 100 elderly women and men over the last two decades say they have made a significant arrest. London's Metropolitan Police say they arrested a 52-year-old man over the attacks early yesterday. He is in custody at a London police station. Police say that since 1990 the suspect allegedly broke into the homes of more than 90 women and several men aged between 68 and 93. Some of the victims were raped or sexually assaulted.

ARIZONA A high school librarian in Phoenix says a former student at the school returned two overdue books checked out 51 years ago along with a \$1,000 US money order to cover the fines. Camelback High School librarian Georgette Bordine says the two Audubon Society books checked out in 1959 and the money order were sent by someone who wanted to remain anonymous. Bordine says the letter explained that the borrower's family moved to another state and the books were mistakenly packed. The letter said the money order was to cover fines of two cents per day for each book.

THE ASSOCIATED PRESS

Gaza Strip Independence Day



A Palestinian boy is seen next to posters of Palestinian President Mahmoud Abbas at a rally marking the 21st anniversary of Palestinian Independence Day in the West Bank yesterday. Palestinians have marked Nov. 15 as their Independence Day since 1988 when the Palestine National Council unilaterally declared statehood in the West Bank and Gaza Strip.

MAJID MOMAM/THE ASSOCIATED PRESS

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Top Sicilian mafia figure arrested

ITALY Police captured one of Sicily's top Mafia fugitives yesterday, dealing a stiff blow to the island's Cosa Nostra crime syndicate, Italian officials said.

Convicted mobster Domenico Raccuglia, who has been on the run for 15 years, now faces several life sentences for crimes including the murder of a rival's nine-year-old son, whose body was then thrown into a vat of acid.

Raccuglia was arrested in an apartment in a tiny town near Trapani, where he is believed to have had his power base, police said.

Italian Interior Minister Roberto Maroni described Raccuglia as Cosa Nostra's

No. 2, and hailed his arrest as delivering "one of the hardest blows" to the Sicilian Mafia in the last few years.

Palermo Prosecutor Antonio Ingroia described Raccuglia as a rising star in the syndicate.

He was listed as one of Italy's 30 most dangerous fugitives.

"We have captured one of the absolute heads of Cosa Nostra," ANSA quoted Ingroia as saying.

The No. 1 Cosa Nostra fugitive on the island is considered to be Matteo Messina Denaro, who investigators believe also has his power base in western Sicily.

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

Time right for prefab

InTransit

Derek Moscato

dmoscato@yahoo.com

What is it about prefabricated homes that turn otherwise friendly neighbourhood folks into frothing-at-the-mouth Nimbys? Is it an

irrational fear of the Trailer Park Boys moving in?

Earlier this month, some residents in the District of North Vancouver were so infuriated by the arrival of four of these units to their cherished cul-de-sac that they used their cars to barricade the lots these homes were set to move onto.

But the decent-looking homes will stay, at least for now. That's because the site's owner has followed every zoning bylaw and building code requirement in the North Van rulebook.

Despite the local backlash, the city bureaucrats' hands are tied.

"I think what we have here is an esthetic issue," is what North Vancouver Mayor Richard Walton told the North Shore News recently when asked about the controversy.

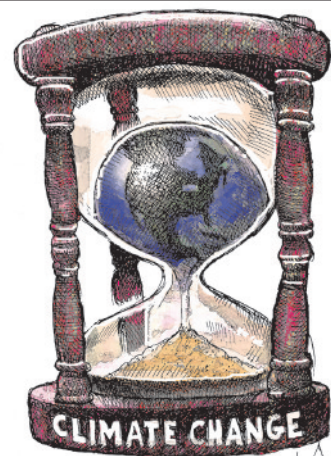
We have an esthetics issue, all right, but it's not about prefabricated housing units mucking up the view for some self-interested homeowners.

The real ugliness relates to housing affordability in

our region. In the District of North Vancouver, like Vancouver's west side, it's not uncommon to see even modest homes selling for more than \$1 million.

With prices like that, how can working families ever expect to have a decent roof over their heads? No wonder the North Shore is facing a demographics bust. Which is why prefabricated housing makes sense.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



MICHAEL DE ADOR

Views

It's crunch time: Aiming for an A in life

HineSight

Anne Hines

metronews.ca/hinesight

Buddhist wisdom says, "All

human beings want the same thing, we are just going about it in different ways." This is true. So long as what every human wants is to make it through the next three weeks without losing their minds and drinking enough caffeine to wake a rock. Otherwise, it's only me who wants that.

As regular readers know, I'm presently enrolled as a full-time university student. And, for students, the next three weeks are Crunch Time.

Anyone who has ever been in school will remember Crunch Time refers to "the period during which you realize your life has

gone right down the pooper because suddenly, the fact that school libraries are open 24 hours a day seems like a really good thing."

Really, I ought to have a more thoughtful view of existence. After all, I've spent the last eight years studying theology.

I think what I've learned

through years of studying Christian theology is this: The Buddhists are right. We do all want the same things. What we want is to feel loved and valued. And maybe, during the Crunch Times of life, that has to start with ourselves.

So, I'm putting down my essays for an hour. I'm

treating myself to a walk in the miraculous November sunshine. Will it improve my school marks? Probably not. But I'm aiming for something higher. I'm going for an A in life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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EXCLUSIVELY FROM ROGERS

Indonesian authorities said on the weekend they would deport 11 foreign Greenpeace activists for joining a protest against forest destruction and violating their tourist visas. The activists sought to draw attention to the destruction of peatland forests. **THE ASSOCIATED PRESS**

Going Green

EDITOR: KUMAR.SAHA@METRONEWS.CA

Eco-footwear

Wyclef Jean, left, is teaming with Timberland on the development of an eco-conscious footwear collection under the Earthkeepers line. The footwear is made from recycled and organic materials.

THE ASSOCIATED PRESS



Ad-ded value

BANNERS Today's fast paced consumer economy often leaves little or no time to think about the environment, says Javier Serrano. "I found this curious connection between marketing and pollution, and decided to bank on it," adds the founder of Hong Kong-based accessories line Eco Couture.

Serrano, who grew up and trained as a weaver and sculptor in Madrid, Spain, has found a way to reuse advertising banners — which can take 75 years to disintegrate — and turn them into unique wallets and bags.

"So many luxurious

brands use advertising billboards in Hong Kong. It's an in-and-out process; they are up for a couple of days, maybe even overnight and then are dumped across landfills in China."

Eco Couture uses these ad banners to create its accessory range. The banners are generally made from vinyl, a thick, durable and waterproof material. No other material is added to the original and waste is minimal, remaining bits and pieces are turned into zipper pullers or labels.

METRO NEWS SERVICES



On the web

- To see more of Javier Serrano's Eco Couture creations, visit ecocouture.hk

Slam dunk junk

ROMINA MCGUINNESS
Metro World News

Swapped your clunky old mobile for an iPhone? Your boxy PC for a notebook? Don't throw them out — drop them off on junk artist Gabriel Dishaw's doorstep.

"I take the items people no longer have use for and I carefully disassemble these items and then reassemble them using metal wire creating my junk art," says the 29-year-old artist from Carmel, Ind., who makes sculptures from discarded materials.

"I begin each sculpture with an idea of how can I take these found pieces of useless metal and insignifi-

cant objects and create something that everyone can understand and relate to. I find myself looking at ordinary mechanical items to see how I could turn that something, into something else not originally intended for that use," he said.

A self-confessed sneaker fan, Dishaw owns 250 pairs — Nike's are his favourite.

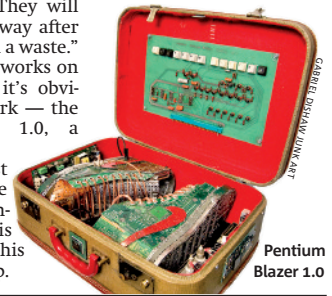
Dishaw's Junk Art includes scores of sculptures, from robots to clothing, made from all sorts of scrap — from glass, metal and wood to computers and typewriters.

And there is an eco-ele-

ment in his work. He said: "I'm concerned about conservation. I grew up in a rural farm area, so I've always been conscientious about the environment. Americans throw away everything. They will throw a phone away after one year. It's such a waste."

Dishaw always works on inspiration, and it's obvious his latest work — the Pentium Blazer 1.0, a bizarre-looking sneaker that must rank as one of the world's most uncomfortable, is based on his favourite high top.

"I used an old typewriter which was great as when you take them apart, they are so intricate and have a lot of identical components. This way you can easily make a right side, left side and so on. "You could actually put them on — it would be painful, but they're a size 9.5."



Pentium Blazer 1.0

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going green **13**

Fishermen suffer as jellyfish swarm north

MICHAEL CASEY
The Associated Press



Fishermen grunt and grumble as they toss jellyfish back into the bay, giants weighing up to 200 kilograms, marine invaders that are putting their livelihoods at risk.

The venom of the Nomura, the world's largest jellyfish, a creature up to two metres in diameter, can ruin a whole day's catch by tainting or killing fish stung when ensnared with them in the maze of nets here in northwest Japan's Wakasa Bay.

"Some fishermen have just stopped fishing," said Taiichiro Hamano, 67. "When you pull in the nets and see jellyfish, you get depressed."

This year's jellyfish swarm is one of the worst he has seen, Hamano said.

Once considered a rarity occurring every 40 years, they are now an almost annual occurrence along several thousand kilometres of Japanese coast, and far beyond Japan.

Scientists believe climate change — the warming of oceans — has allowed some of the almost 2,000 jellyfish species to expand their ranges, appear earlier in the year and increase overall numbers, much as warming has helped ticks, bark beetles and other pests to spread to new latitudes.

The gelatinous seaborne creatures are blamed for decimating fishing industries in the Bering and Black seas, forcing the shutdown of seaside power and desalination plants in Japan, the Middle East and Africa, and terrorizing beachgoers worldwide, the U.S. National Science Foundation says.

A 2008 foundation study cited research estimating that people are stung 500,000 times every year — sometimes multiple times — in Chesapeake Bay on the U.S. East Coast, and 20 to 40 die each year in the Philippines from jellyfish stings.

In 2007, a salmon farm in Northern Ireland lost its more than 100,000 fish to

an attack by the mauve stinger, a jellyfish normally known for stinging bathers in warm Mediterranean waters. Scientists cite its migration to colder

Irish seas as evidence of global warming.

Increasingly polluted waters — off China, for example — boost growth of the microscopic plankton that

"jellies" feed upon, while overfishing has eliminated many of the jellyfish's predators and cut down on competitors for plankton feed.



A giant jellyfish drifts off Kokonogi in western Japan.

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PEOPLE POWERED

Some 800 Finnair pilots will begin a strike today, grounding all scheduled international and domestic flights of the Finnish national carrier, the airline said. **THE ASSOCIATED PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

U.S. retail sales may set tone for trading

The latest reading on consumer spending activity in the United States will likely set the tone for trading on stock markets this week.

U.S. retail sales for October are released today and economists expect to see a rise of 0.9 per cent following a drop of 1.5 per cent during September.

"It looks like that's going to be the big one," said Colin Cieszynski, market analyst at CMC Markets Canada.

Stock markets ended last week higher for a second consecutive week, largely on investor relief from indications that U.S. interest rates will stay low for an extended period. Markets were also lifted by last

0.9% Economists expect that U.S. retail sales for October will show a rise of 0.9 per cent. This follows a drop of 1.5 per cent during September.

weekend's G20 meeting where leaders made it clear that government stimulus measures will not disappear any time soon. But critical to that growth on markets has been the hope that the end of recession will be followed by a strong recovery.

While retail sales are important in any economy, they're particularly important in the United States where consumer spending

accounts for about 70 per cent of the economy.

And there are searing memories of what happens when consumer strength collapses.

"When the U.S. consumer got tapped out, that was one of the big things that led to the collapse of the housing market and that dragged down the whole banking system with it," observed Cieszynski.

THE CANADIAN PRESS

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Magma reports \$2.7M loss in fiscal first quarter

ENERGY Magma Energy Corp., a Vancouver-based geothermal energy producer, reports it lost nearly \$2.7 million US or one cent a share in the fiscal first quarter ended Sept. 30. That compared with a loss of \$829,860 or one cent for the same year earlier period.

Revenues from energy

were just over \$1 million in the quarter, the first three-month period of the energy producer's 2010 fiscal year, the company reported. Magma generated no operating revenue for the same period a year earlier. Ross Beaty, chairman and CEO, said Magma grew quickly in the latest quarter, with acquisitions in

Iceland, Nevada and a promising exploration success in South America, as well as the company's initial public offering.

"These transactions will all help us achieve our mission of becoming one of the world's pre-eminent geothermal power producing companies," he said.

THE CANADIAN PRESS

Accused Out of prosecutors' reach



In this file photo, Farhad (Fred) Monem poses for a picture inside a relatively new warehouse in Portland, Ore. Monem is accused of taking \$1.2 million in bribes while in his \$79,000-a-year state job. In return, prosecutors say, he steered millions in state business to food brokers such as Doug Levene. Monem lives free, beyond the reach of prosecutors in his native Iran.

Permit for Canadian mine revoked

GOLD Mexico revoked the environmental authorization Friday for a Canadian-owned open-pit gold mine that critics say threatens one of the most historic sites in the north-central state of San Luis Potosi.

The Environment Department said in a statement that it has pulled the permit for Minera San Xavier, a property of Vancouver-based New Gold Inc., in accordance with a court ruling in October.

The ruling struck down the government's 2006 conditioned approval of the project's environmental impact statement, and ordered environmental au-

Unknown impact

- The impact of the revocation was unclear as New Gold said it will continue operating despite the court decision.

thorities to reject the statement.

Opponents welcomed the decision.

They say local watersheds were threatened by the cyanide used to leech gold out of huge mounds of crushed rock.

"This is a battle won, because the judges have given the final word," said

Ana Maria Alvarado, who represents communal land owners around the Cerro de San Pedro, as the site is known.

The mine has been operating for more than two years, blasting apart mountainsides just a few dozen yards away from the church and main square of the 16th-century town of San Pedro.

New Gold has said it recovers or reuses almost all the cyanide used in the process, and says it has taken measures to protect or respect historic structures in the town centre.

THE ASSOCIATED PRESS

CAREER FAIR

November 17th, 2009



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metro

Business in brief

INTERNET Egypt will apply for the first Internet domain written in Arabic, its information technology minister said at a conference grouping Yahoo's co-founder and others to discuss boosting online access in emerging nations. The effort is part of a broader push to expand both access and content in developing nations, where the Internet remains out of reach for many people.

COMMUNICATIONS Vivendi SA is set to take control of Brazilian telecommunications operator GVT SA after trumping a rival offer from Spain's Telefonica SA.

THE ASSOCIATED PRESS

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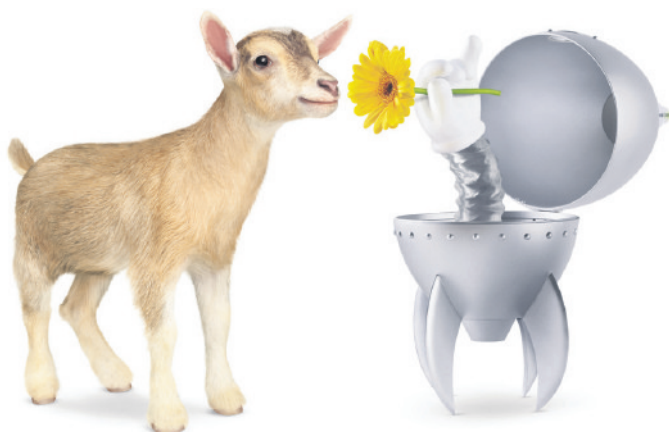
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After studying the feet of 12 sprinters and 12 non-sprinters, a researcher at British Columbia's Simon Fraser University says longer toes, as well as unique ankle structure, may give sprinters a leg up on other runners. **THE CANADIAN PRESS**

Sports



Ames takes final '09 event

Stephen Ames, left, ended the PGA Tour season in style, taking the Children's Miracle Network Classic in a three-man playoff. The Calgary golfer outlasted Justin Leonard and George McNeill, winning with a par on the second playoff hole. It was the fourth career PGA Tour victory for Ames, who also won this event back in 2007. **THE ASSOCIATED PRESS**

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Sports in brief

TENNIS Toronto's Daniel Nestor and Serbian partner Nenad Zimonjic won their ninth title of the season yesterday, defeating Spaniards Marcello Granollers and Tommy Robredo 6-3, 6-4 at the Paris Masters.

SWIMMING Vancouver swimmers Tanya Hunk and Brent Hayden are leaving Berlin with a gold medal and another Canadian-record performance. Hunk captured gold in the women's 400-metre individual medley at a World Cup yesterday, while Hayden won silver in the men's 200-metre freestyle in Canadian-record time.

SPEEDSKATING Canada won the men's 5,000-metre relay yesterday to highlight a three-medal day for Canada's short-track speedskating team at a World Cup event. Francois Hamelin of Ste-Julie, Que., Francois-Louis Tremblay of Montreal, Guillaume Bastille of Rivière-du-Loup, Que., and Olivier Jean of Lachenaie, Que., took the gold in six minutes 45.588 seconds. Hamelin also won bronze in the men's 1,000 metres while Canada's women's relay team took bronze in the 3,000 metres.

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Lions upend Tiger-Cats in OT

CFL RESULTS

B.C. 34 Hamilton 27



Casey Printers spoiled the party for the Hamilton Tiger-Cats yesterday.

Printers hit Ian Smart on an eight-yard TD pass to lead the B.C. Lions to a dramatic 34-27 overtime win over the Ticats in the East semifinal yesterday.

Printers, who played despite injuring his thumb in the regular-season ending loss to Edmonton that left B.C. fourth in the West, found Smart on the Lions' second play in the extra session following a 27-yard Martell Mallett run. The Lions' defence prevented Hamilton from scoring, handing the Ticats a bitter defeat in their first home playoff game since 2001

and first playoff appearance in five seasons.

Printers, the fourth different quarterback to win for B.C. this season, finished 24-of-35 passing for 360 yards and also rushed for a touchdown in his return to Ivor Wynne Stadium, flashing the form that made him the CFL's outstanding player in '04 with the Lions. The enthusiastic crowd of 27,430 — just over 2,000 short of a sellout — soundly booed Printers, remembering the miserable two seasons he spent there before the Ticats released him following the '08 campaign. Printers only returned to the CFL last month and earned his first win in four starts since rejoining the Lions.

"I'm so cool with that," Printers said of being portrayed as Public Enemy No. 1 in Steeltown. "To be honest with you, man, I'm so thankful for Hamilton."

"You guys don't even understand the adversity that

I went through here. And because of that stuff, because of all the turmoil and all the ups and downs, I'm able to be here and lead these guys and not get shaken up."

Calgary 24 Edmonton 21 — The Stampeders advanced to the CFL's West Division semifinal with a win over the Eskimos yesterday.

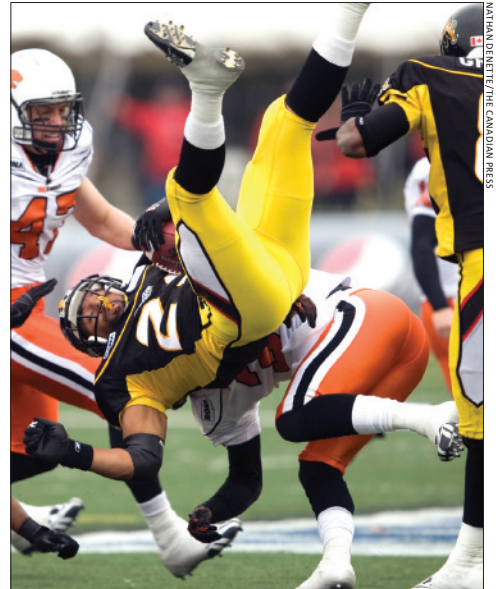
The Stampeders earned a rematch with the Saskatchewan Roughriders next Sunday in Regina, where Calgary lost 30-14 to end the regular season and finish second in the division to the Riders.

THE CANADIAN PRESS

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Hamilton running back John Williams gets flipped upside down yesterday by a hit from B.C. safety Tad Crawford, back, during the Lions' 34-27 overtime win over the Tiger-Cats.

SCOREBOARD

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Alberta rethinks math

Nexy year, Alberta's education department will change the way math is delivered to high school students. Students will choose between a course geared toward college or university, a course for the workforce or trades, or a basic math program that includes skills such as chequebook balancing. **METRO NEWS SERVICES**

17

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Motherly support

Nearly three-quarters of women in American households planning for college say it's very important for their children to obtain a college degree, a new survey from Keeping College Within Reach has found. Over half of women agreed that not paying for college would be "a failure of me as a parent."

METRO NEWS SERVICES

The e-learning revolution

Canadian schools embracing technology

JON TATTRIE
for Metro Canada



A "revolution" in learning is what the Laurier School of Business and Economics is promising from its new partnership with Research In Motion in the latest reach of a decades-old drive to put the "e" in education.

Hugh Munro heads Laurier's MBA program and says bringing BlackBerries into the classroom will take the classroom everywhere.

"It's the beginning of a journey for us," he says. "We're looking at how we can take advantage of the enabling capabilities of technology and change the way we structure and deliver curriculum ... We can bring the outside into the classroom and also make the outside an ongoing classroom."

Halifax's Mount Saint Vincent University is another post-secondary institution that has embraced the idea of e-learning, only they've been mobilizing education for almost 30 years now. It started with TV shows on a local station and added the cutting-edge technology of video tapes mailed to students. Its distance-learning program is now on digital cable and DVDs and half of such courses are fully online.

"If our learning environment mirrors the kind of challenges and opportunities they're going to face in the real world, then it's a good thing."

Laurier's MBA program head, Hugh Munro

Peggy Watts, head of says by using programs like Moodle and Elluminate Live, the university can create a virtual classroom that allows students to chat with professors, give presentations in front of the class, watch videos and use programs like Excel, even if they don't have Excel.

"Within the White Board (of Elluminate), an instructor can take control of a student's desktop and show them something on their own desktop," she adds.

Watts says the main users of e-learning at MSVU are in Nova Scotia, but chose the remote approach to give flexibility to their schedules and avoid commuting.

Back at Laurier, students and faculty will use their smartphones for voice, text and email applications as

well as video, voice notes and pictures. Faculty will push content to their students' smartphones and will have access to metrics to gauge which content is being used in the one-year pilot involving 100 students.

Munro is confident the "hybrid" model of classroom and e-learning is the way of the future. Business has gone mobile and education should follow, he says. "If our learning environment mirrors the kind of challenges and opportunities they're going to face in the real world, then it's a good thing."

RIM, which is headquartered in Waterloo, is giving students a deal on the BlackBerries and Rogers is providing the connection at a small fraction of the usual cost, Munro adds.



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Workology in brief

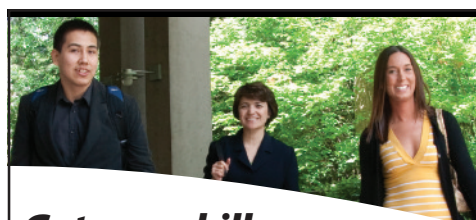
INTERNATIONAL SATISFACTION

Although almost half of international students studying at Canadian post-secondary institutions admit Canada was not their top choice among study-abroad options, nine out of 10 students would recommend the country as a study destination, according to survey results presented by the Canadian Bureau for International Education. **METRO NEWS SERVICES**

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Last week, Okanagan College held an opening ceremony for its \$28-million Centre for Learning at its Kelowna campus. The 6,360-square-metre facility provides for 21 classrooms with seating for 757 students and a digital media shop. **METRO NEWS SERVICES**

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Workology in brief

THE ODDEST REQUESTS YOU EVER DID HEAR... Hiring managers nationwide took some time to bring levity to the workplace in a new CareerBuilder survey. More than 2,900 shared the most memorable requests or recommendations they have received in the office suggestion box. Responses included:

- Request to allow people to change clothes in their cubicles.
- Request to add a tanning bed to the break room.
- Request to put beer in the vending machine.
- Request that jail time be covered under family medical leave.
- Request to institute bikini Fridays.
- Request to only be required to work during daylight hours because employee is scared of the dark.
- Request for a special smoking area for medical marijuana.
- Request that the HR person wear nicer shoes.
- Request to replace his desk with a futon so employee could lay down and work.
- Request to install a swimming pool for employees to use.
- Request that the lactation room with gliding chair be used for naps, so everyone can use it.

METRO NEWS SERVICES

Its not about the coffee — its about the people

BookReview

It's Not About The Coffee

Author: Howard Behar
Publisher: Portfolio
Price: \$18.50

There can be no coffee without people. In the case of Starbucks Coffee, past president Howard Behar, elaborates that when it comes to business its the people who serve your coffee, all the way to the origin of the bean... the growers that make or break you. "If your people are better human beings, they'll be better partners of the company" says Behar.

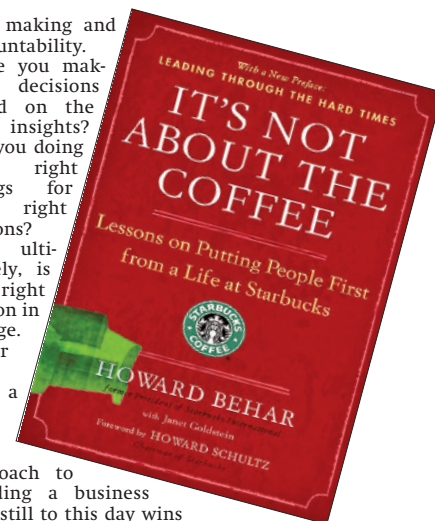
Behar's book takes a look at the 10 principles that helped shaped Starbucks into the company it is today ... but none of these principles are about coffee.

The majority of his principles focus on deci-

sion making and accountability.

Are you making decisions based on the best insights? Are you doing the right things for the right reasons? And ultimately, is the right person in charge. Behar presents a very human approach to building a business that still to this day wins the company a loyal customer and employee base. Common sense, but every now and then a refresher on these concepts is in order. People relations 101.

CRAIG LUND
/FOR METRO CANADA



It's Not About The Coffee, by Howard Behar is available on book stores now.

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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Robert Kiyosaki does not participate in this event.

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Several Vancouver-area institutions to extend reading breaks during Olympics

A number of post-secondary schools across B.C.'s Lower Mainland will not be running classes during the course of the 2010 Winter Olympics. **METRO NEWS SERVICES**

No bones about it, it's a whale of a job

OddJobs

Diane Peters

Metronews.ca/oddjobs



Few people will ever see a great blue whale, as the largest animal in the world is endangered.

But Michael deRoos has spent every day for the last eighteen months working on the bones of one of these massive creatures.

Last spring, he helped dig the mammal's carcass out of the ground in P.E.I. Now, he's nearing completion of a whale of a task: Reassembling the skeleton for display at the soon-to-be-opened Beaty Biodiversity Museum at the University of British Columbia.

DeRoos, 30, began his work with skeletons by chance in 2000. He was completing his degree in biology at the University of Victoria — he thought he might become a vet — when he took a six-week intensive course at the Bamfield Marine Sciences Centre.

For his corse project, he decided to assemble a skeleton. The centre had a sea otter, so deRoos used the skills he'd learned at his father's general contractor business and put in 12-hour days working with bones.

His professor clearly liked the result. Two years later, she recommended him for a job at the new Johnstone Strait Killer Whale Interpretive Centre.

DeRoos help finish construction on the centre and began working with its large collection of bones. By his second year there, he was tackling a 60-foot fin

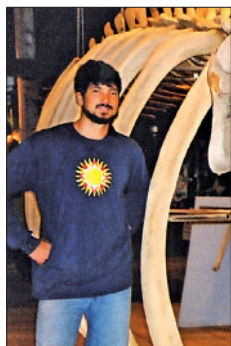
whale.

In 2005, a professor from UBC asked deRoos to assemble a killer whale. He's been freelancing for the school ever since.

He starts each project by cleaning off the bones. He boils the carcass, then either puts the bones in the ocean in a fishing net or buries them in horse manure. Eight months later, the bones are clean and just need a bleach treatment or some time in the sun.

In the meantime, he's designing his skeleton. He uses pictures and video images of the live creature to see how it's put together and how it moves.

To rebuild the animal, deRoos creates a steel frame. He affixes bones to the steel by drilling small holes in the bones, or gluing them. He hires a sculptor to recreate any bones that have been lost (it's inevitable) and an artist to



PHOTOS SUBMITTED

Skeleton articulator Michael deRoos is currently putting together a blue whale skeleton.

paint over any damage he's done to the bones.

Then it's the fun part: Putting it all together, and hearing everyone's comments.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Ignite your potential

The Who are likely to be the headliner at next year's Super Bowl halftime show, a source tells Sports Illustrated. But as certain as the source may be, the NFL isn't confirming anything about entertainment at the Feb. 7 event. **METRO WORLD NEWS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Jon's woes

Jon Gosselin has filed a \$5 million U.S. countersuit against TLC, claiming its reps interfered with potential business. TLC's lawsuit is for breach of contract. **TVGUIDE.COM**



Flashpoint wins 3 at gala

Gemini award winners praise Canadian talent, values

Producers of the cross-border hit Flashpoint held it up as an example of what Canadian television is capable of as the slick CTV cop drama took home three Gemini Awards on Saturday, including best drama.

Canadians can be less than supportive when it comes to watching home-grown shows on the small screen.

But executive producer Bill Mustos said there's actually a lot to be proud of, and other countries are taking notice. "I think Flashpoint has moved things into a new direction and now American networks are looking across the border and seeing that there is actually tremendous talent in (Canada)," he said just after winning the final award of the broadcast gala. "That's an exciting kind of new sea change for our country."

Of course, not every Canadian show is a hit. The quirky country-music show *Three Chords* from the Truth won for best comedy ensemble performance despite being



Being Erica's Erin Karpluk celebrates her trophy for Best Performance by an Actress in a Continuing Leading Dramatic Role.

cancelled after only 10 episodes. "There's nothing better than being recognized by your peers," star Phyllis Ellis said as she accepted her Gemini. "Except for maybe a second season."

CBC's Rick Mercer Report took the award for best

comedy, while George Stroumboulopoulos was honoured as best talk show host for a second year running.

Stroumboulopoulos said his show is attracting interest from other countries because it reflects Canadian values.

"To be able to make television in the country that you love and the country that you want to make television in, man, that is a gift," he said.

Flashpoint star Enrico Colantoni, who won best actor, was lured back to his hometown of Toronto for the series after working for nearly 25 years in the U.S. on shows such as *Just Shoot Me* and *Veronica Mars*.

He called it "a wonderful way to come home."

The drama about a S.W.A.T. team in Toronto also won three awards at a pre-show ceremony and nabbed best director trophy for Kelly Makin.

THE CANADIAN PRESS

Taped Oscars shun spotlight

AWARDS Without the burden of a live worldwide broadcast, members of the film academy threw themselves a lively yet relaxed dinner party to honour the first Oscar winners of the season.

The Academy of Motion Picture Arts and Sciences broke with tradition and presented its honorary Oscars off-camera Saturday night, months ahead of the televised ceremony in March.

Actress Lauren Bacall, B-movie king Roger Corman and Godfather cinematographer Gordon Willis each received Oscar statuettes during the black-tie banquet at the Grand Ballroom above the Kodak Theatre, the same room where the annual post-Academy Awards Governors Ball is held.

In addition, producer John Calley was honoured with the Irving J. Thalberg Memorial Award, recognizing career accomplish-



Roger Corman honoured.

ments that include *Catch-22*, *The Remains of the Day* and *The Da Vinci Code*.

Each of the recipients was chosen by the academy's Board of Governors.

Tom Hanks, Jack Nicholson, Annette Bening, Morgan Freeman and Steven Spielberg were among the 600 invited guests at the inaugural Governors Awards event. "We're gathered here together, all artists, celebrating excellence without any television cameras - isn't it great?" said producer Norman Jewison.

Taped portions of the ceremony will be shown March 7. **THE ASSOCIATED PRESS**

Gemini winners

Here are some of the best in Canadian television:

- Best dramatic series: *Flashpoint*.
- Best comedy program or series: *Rick Mercer Report*.
- Best dramatic miniseries: *Burn Up*.
- Best reality program or series: *Dragon's Den*.
- Best talk show host: George Stroumboulopoulos, *The Hour*.
- Best news anchor: Diana Swain, *CBC News at Six*.
- Best performance by an actor in a continuing lead dramatic role: Enrico Colantoni, *Flashpoint*.
- Best performance by an actor in a leading role in a drama or miniseries: David Suchet, *Diverted*.
- Best performance by an actress in a leading role in a drama or miniseries: Erin Karpluk, *Being Erica*.
- Best performance by an actress in a lead role in a drama or miniseries: Christine Gawn, *Celine*.
- Best variety program host: Leah Miller, *So You Think You Can Dance Canada*.



the twilight saga
new moon

11.20.09

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Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

- 2012:** \$65 million US
- A Christmas Carol:** \$22.3 million
- The Men Who Stare At Goats:** \$6.2 million
- Precious:** \$6.1 million
- Michael Jackson's This Is It:** \$5.1 million
- The Fourth Kind:** \$4.7 million
- Couples Retreat:** \$4.3 million
- Paranormal Activity:** \$4.2 million
- Law Abiding Citizen:** \$3.9 million
- The Box:** \$3.2 million

THE ASSOCIATED PRESS

A remarkable body of work

NED EHRBAR
Metro World News

Taylor Lautner wants to clear something up: He has no problem with going shirtless on screen.

"One thing that I have heard recently, which is not true and I didn't say, was that I will never take my shirt off for a movie again," says the 17-year-old actor, whose abs and pecs have been under an unprecedented amount of scrutiny since he packed on 30 pounds of muscle for New Moon, the second film in the Twilight series.

"I didn't say that," he insists. "If the character requires it, I will." That's good to know, since with the rabid fan response to early shots of a shirtless Lautner in New Moon, he'll probably be asked to appear that way a lot. Of course, before getting to this point, Lautner had to prove to the powers behind the hugely successful franchise that the cute little guy who played Jacob Black



Kristen Stewart and Taylor Lautner star in *The Twilight Saga: New Moon*.

in the first film could transform as his character does for the sequel.

And while there was a lot of talk in the press that the producers were looking to replace him, Lautner said he had to ignore all of that. "Honestly, I knew where my character went in New Moon, and that's all I tried to stay focused on," he says. "I couldn't control things outside, I couldn't control the media. But I could con-

VideoOnline

Meet Jacob Black in a video featurette on New Moon's lead werewolf at metronews.ca.

trol what I was doing to portray Jacob Black correctly, so that's what I stayed focused on the whole entire time."

That focus paid off, as is evidenced by his gym-toned physique, plastered over New Moon ads and the cover of Mens Health. But Lautner claims the hard part wasn't hitting the gym.

"The most important thing was the eating side,"

he says. "Everybody thinks it was the actual getting in the gym, but that was easy. I was motivated. But the eating was pretty hard. We found out that I had to consume at least 3,200 calories a day just to maintain, and I was trying to gain."

That meant stopping to eat every two hours or so, regardless of where his busy schedule took him, and carrying around bags of high-protein food, sometimes pausing mid-meeting to wolf down a couple of burger patties.

But Lautner insists it was all part of the job. "A year from now, if I love a character and I love a story that requires me to lose 40 pounds, I'm ready to do it," he says. Still, all the attention he's been getting must be distracting, right?

"I don't think there's any way to prepare yourself for this phenomenon," he says. "None of us expected it when we were filming Twilight. I don't think there's a way to ever get used to it. It's not normal to drive down a street and see your face up on a billboard. But it's Twilight. It comes with the job."

The Twilight Saga: New Moon hits theatres on Friday

House searched as part of Crawford extortion case

INVESTIGATION German police said yesterday they had searched a home in connection with an alleged extortion scheme targeting former supermodel Cindy Crawford and her family.

U.S. authorities had said Thursday that a German man had been charged in the U.S. with trying to extort \$100,000 US from Crawford and her husband Rande Gerber over a photo of their daughter, then aged seven, bound to a chair and gagged. He was accused of threatening to sell or release the photo to the media. The daughter told her parents, who were unaware of the photo, that her former nanny took the picture as part of a "cops and robbers" game, according to an affidavit.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

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metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	251	308	9	CBC	Wheel-Fortune	Jeopardy! (N)	Battle of the Blades (CC)	Just for Laughs (N) (CC)	CBC News: The National (N)	(05) The Hour		
	254	-	9	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition	News: Cantonese Edition	Omni News: Punjabi Edition	The Simpsons		
	250	321	9	CTV	etalk (CC)	Hollywood	Dancing With the Stars The four couples perform. (CC)	(02) CSI: Miami (N) (CC)	CTV News			
	-	-	9	JOY	Frasier (CC)	The Insider	Unscripted (CC)	Poltergeist: The Legacy	P3	Ek Noor	New Day	
	252	336	9	GTV	Entertainment	ET Canada	House "Teamwork" (N) (CC)	(01) Lie to Me "Black Friday"	Heroes "Brother's Keeper" (N)	News		
	256	389	9	VI	Degrassi: TNG	TMZ (N) (CC)	Gossip Girl (N) (CC)	Two/Half Men "Big Bang Th	(02) Castle "Love Me Dead"	A News (N)		
	253	359	9	CITY	The Office	The Office	How I Met... Accidentally	Truma "M'aidz" (N) (CC)	The Jay Leno Show (N) (CC)	The CityNews		
	-	-	9	CW	The Office	The Office	One Tree Hill (N) (CC)	Gossip Girl (N) (CC)	Seinfeld	Seinfeld	Frasier (CC)	
	289	381	9	CBS	Entertainment	The Insider	How I Met... Accidentally	Two/Half Men "Big Bang Th	CSI: Miami "Point of Impact"	KIRO 7 News		
	287	379	9	NBC	Evening Mag.	Inside Edition	Heroes "Brother's Keeper" (N)	Truma "M'aidz" (N) (CC)	The Jay Leno Show (N) (CC)	KING 5 News		
news	202	568	9	W	Old Christine	Friends (CC)	Friends (CC) Grocery Bag	Love It or List It (N)	House-Sell "Divine Design	House-Sell	Divine Design	
	288	360	9	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars The four couples perform. (CC)		(02) Castle "Love Me Dead"	KOMO 4 News		
	-	-	9	KVOS	M*A*S*H	Seinfeld	Seems Like Old Times *** (1980) Chevy Chase.		Seinfeld	King	Cheers (CC)	
	291	383	9	PBS	Conver-KCTS	Antiques	Antiques Roadshow (CC)	American Experience	Thorp: Greatest Athlete	Voces (CC)		
	290	382	9	FOX	Two/Half Men	Two/Half Men	House "Teamwork" (N) (CC)	(01) Lie to Me "Black Friday"	Q13 FOX News at Ten (N)	Family Guy		
	-	364	9	PBS	Dealers in Death		G-Man: Rise and Fall	Tavis Smiley "Charlie Rose (N) (CC)	Antiques Roadshow (CC)			
	296	654	9	SBK	The Office	Name Is Earl	Frasier (CC) 70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	9	TLA	Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)	Gossip Girl (N) (CC)	KTLL Prime News (N) (CC)	Friends (CC)		
	295	651	9	WGN	WGN News at Nine (N) (CC)	Family Guy	Two/Half Men	According-Jim	Friends (CC)	Maury (CC)		
	297	652	9	WPX	PIX News at Ten (N)	Two/Half Men	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)	
sports	199	311	9	STR	CTV News	NTV Late Night News	Late Show-Letterman	Late Show-Letterman	Late Show-Letterman	Inside Edition	Seinfeld	
	502	390	9	NW	65 RedRoses (2009) (CC)	CBC News: The National (N)	CBC News: The National (N)	CBC News: The National (N)	65 RedRoses (2009) (CC)	National		
	500	500	9	CNN	Anderson Cooper 360 (CC)		Larry King Live		Anderson Cooper 360 (CC)	Cooper 360		
	407	419	9	RSP	Sportsnet Connected (Live)	Hockey	The Ultimate Fighter	MMA Conn	Sportsnet Connected (Live)	Sportsnet		
	400	400	9	TSN	NFL Football: Ravens at Browns	Bounty Hunter	SportsCentre (Live) (CC)	World Poker Tour: Season 7	Over the Bolts	SportsCentre		
	411	457	9	OLN	Ghost Hunters International	Score Now	Bounty Hunter	Survivorman (CC)	Ghost Hunters International	Bounty Hunter		
	410	403	9	SCR	WWE Monday Night Raw	Score Now	Score Now	WWE Monday Night Raw (CC)		Cabby Unlimit		
	417	406	9	SC	Barrett-Jackson	Car Crazy (N)	Pass Time	This Week in NASCAR	SuperCars	SuperCars	Auctions	
	416	409	9	GLF	Fútbol: Equipos SA	Off the Pitch	Go! TV News	Game Cap	Paid Program	Go! TV News	Go! TV News	
	552	543	9	YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol
family	555	545	9	TEL	Scoby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama
	557	541	9	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House
	553	546	9	TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin
	268	354	9	KNO	Recreat. Eden	Landscape	Monarchy (CC)	Djanganomalia! (CC)	Diamond Road (CC)	John McCrae		
	575	583	9	CMT	Home Imp.	Home Imp.	Due South "Victoria's Secret"	Reba (CC)	Reba (CC)	According-Jim	Home Imp.	
	570	580	9	MM	You Can Dance		One Tree Hill (CC)	Video on Trial	Video on Trial	MuchVibe	Spotlight	
	600	564	9	H&G	House	House	Holmes on Homes (CC)	House Poor	Income Prop.	For Rent	My First Place	House
	515	520	9	A&E	Hoarders Criminal Littering.	Paranormal	Paranormal	(01) Intervention "Lana"	(01) Intervention "Leslie"	(01) Hoarders		
	628	584	9	SPKE	(6:30) UFC Fight Night	The Ultimate Fighter	The Ultimate Fighter	UFC 106 Cnt	Real Vice	Real Vice	Trek: Voyager	
	521	560	9	THC	Cake Boss (N)	Cake Boss	Little People	Jon & Kate	Cake Boss	Cake Boss	Little People	
cable variety	616	522	9	SHO	The Outer Limits (CC)	Destination: Infestation (2007)	Antonio Sabato Jr. (CC)	Without a Trace (CC)	The Music of Chance ** (1993) (CC)			
	620	523	9	BVO	The Fureys	Kaeshammer	Law & Order (CC)	The Biggest Loser (CC)	How to Find a Husband Sally.	Trading Sp		
	601	562	9	SLC	Plastic-Perfect	Plastic-Perfect	ET Canada	What	MythBusters "Prison Escape"	Dirk Jobs		
	520	505	9	DIS	Canada's Worst Driver (N)	Daily Planet (CC)	Patton 360 "Siege Warfare"	Battles BC (N) (CC)	Generation Kill "A Burning Dog" (CC)			
	522	506	9	HIS	Battlefield Mysteries (CC)	Sanctuary	Stargate SG-1 (CC)	Star Trek: Next Generation	Star Trek: Voyager (CC)			
	627	528	9	SPC	(6:00) Fire Serpent (2007) (CC)	Lopez Tonight (N)	The Outer Limits "Descent"	ET Canada	Comeback	Family Guy	Raymond	
	294	605	9	TBS	Family Guy	Family Guy	Restaurant Makeover (CC)	Unwrapped	Unwrapped	Top Chef: Las Vegas (CC)	Food	
	619	525	9	TROR	Raymond	Raymond	Demolition Man ** (1993) Sylvester Stallone, Wesley Snipes.	The Simpsons	South Park	Bill Engvall: Your Sign	Daily Show	
	620	621	9	CEN	(6:30) Disaster Movie ** (CC)	Dexter "Road Kill" (N)	California	Nurse Jackie	Lock 'n Load	Revolver (2005) (CC)		
	561	596	9	MTV	Peak Season	After	MTV Live	Sex News	Real World-Road Rules	Peak Season	After	MTV Live

critics'corner

Trauma

A high-speed boat collision interrupts a wedding celebration at sea, where things get lost in translation as the team tries to help the injured. Nancy (Anastasia Griffith) takes time to reconnect with her family. Marisa (Aimee Garcia) comes to the aid of those close to her. Derek Luke, Kevin Rankin, Taylor Kinney and Cliff Curtis also star in the new episode "M'aidz," 9 PM on NBC CITY



Accidentally on Purpose

Ah, these complicated relationships. When Billie (Jenna Elfman) starts seeing a guy from work, Zack's (Jon Foster) inner green-eyed monster emerges, and he has trouble keeping it under wraps. David Sutcliffe ("Gilmore Girls") and Pooch Hall ("The Game") guest star in the new episode "The Third Man." Ashley Jensen and Grant Show also star. 8:30 PM on CBS CITY



Lamas gets arrested

Shayne Lamas was arrested on suspicion of drunk driving in Venice, Calif., around 1 a.m. Saturday morning. "I take full responsibility for my lack of judgment," said Lamas, who is due in court Dec. 9, to E! News. **METRO WORLD NEWS**

Celebrity Buzz

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Did Jolie plant Aniston stories?

THE ORIGINAL MEAN GIRL Is Jolie the worst Mean Girl of them all — and is Brad Pitt's ex-wife Jennifer Aniston her most-wounded victim?

Brangelina: The Untold Story of Brad Pitt and Angelina Jolie reports that Jolie, 34, waged "a mean-spirited but effective campaign" against Aniston around the time that Pitt divorced her to be with Jolie, usmagazine.com reports.

The new *Us Weekly* has the exclusive first look at what's really inside the shocking new tell-all — and reveals the truth behind some of the alleged bombshells.

Author Ian Halperin asserts in his book that Jolie and her camp (including her manager Geyer Kosinski and brother James Haven) planted press stories in 2005 that painted Aniston in a negative light. Specifically? That Aniston

firmly prioritized her career over starting a family — which put her directly at odds with Pitt, who ached for kids.

Jolie, Halperin writes, "was convinced that this is the story that would resonate with all these women who saw her as a man-stealing bitch."

METRO NEWS
SERVICES



Rodriguez to propose?

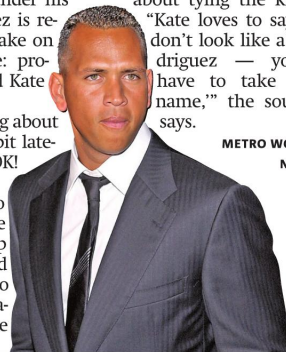
MARRIAGE SPECULATION With the World Series under his belt, Alex Rodriguez is reportedly ready to take on his next challenge: proposing to girlfriend Kate Hudson.

"He's been talking about proposing quite a bit lately," a source tells *OK!* magazine.

"He wants to think of a creative and cute way to pop the question." And the couple, who have been inseparable for months, have

even been joking around about tying the knot. "Kate loves to say, 'I don't look like a Rodriguez — you'll have to take my name,'" the source says.

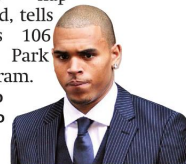
METRO WORLD
NEWS



Brown follows Rihanna's lead

GOING PUBLIC Chris Brown is following Rihanna's lead and hitting TV shows to discuss his assault conviction. "At the end of the day, I'm human. I can't make everybody love me, but I can just try. And I can honestly say that I'm sorry," Brown, who says he's "embarrassed" by what happened, tells *BET*'s 106 and Park program.

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NEWS



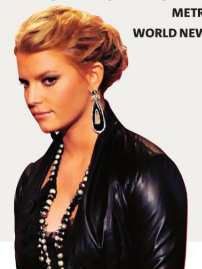
Celebrity tweets

Jessica Simpson is influenced by her surroundings, *Snoop Dogg* heads to the Playboy Mansion, *Al Roker* doesn't feel like talking to Heidi Montag and Spencer Pratt and *Heidi Montag* knows how to make a Saturday night special.

• @JessicaSimpson WOW!! Children make me a child again. So interesting.
• @snoopdogg ooowee luv them playboy bunnies!! Kiccn it with hugh right now.. This cat a real true pimp.. Ya heard

• @alroker Programming update. No Heidi/Spencer interview. We wish them well on their book tour
• @heidimontag shooting at the gun range!

METRO
WORLD NEWS



Kourtney baby shower

ALL IN THE FAMILY It was all about adding to the Kardashian clan Saturday as nearly 80 guests joined Kris Jenner and her daughters Kim, Khloe, Kylie and Kendall to host a baby shower for Kourtney, people.com reports.

The first-time mom-to-be, 30, is due in December,

with boyfriend Scott Disick's baby.

"It was a huge success," a source tells *People* of the shower, which began at noon and was organized by Los Angeles-based event planner Sharon Sacks, at the family's home in Hidden Hills, Calif.

METRO
WORLD NEWS



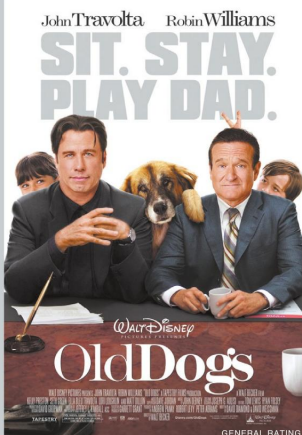
Behaviour is all an act, claims Fox

ALWAYS ACTING? Megan Fox is just fine with all the attention she gets, since it's all an act, she claims to the *New York Times*. "I'm not willing to give my true self up," the 23-year-old *Transformers* star says. "You have to be put in a box in this industry so they can sell you."

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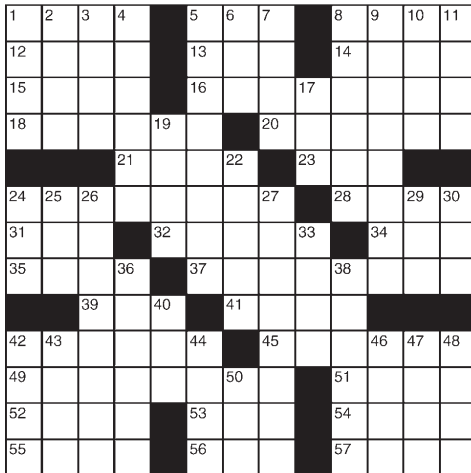
Today
Rain
11° / 5°
100%

Tuesday
Rain
7° / 6°
80%

Wednesday
Rain
7° / 6°
90%

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8 Slays, syndicate-style
12 Perspiration vent
13 Gorilla
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15 Verve
16 Lack of restrictions
18 Strong greenish blue
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21 Restaurant list
23 CSA soldier
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31 Judge Lance
32 Japanese, e.g.
34 Scoot
35 Pinnacle
37 Left to fend for oneself
39 Listener
41 Rim
42 Hitchcock or Nobel

45 One offering securities
49 Elsa's tale
51 Salver
52 Duel tool
53 Em halves
54 Being (Latin)
55 Ogler's look
56 Drenched
57 Week components

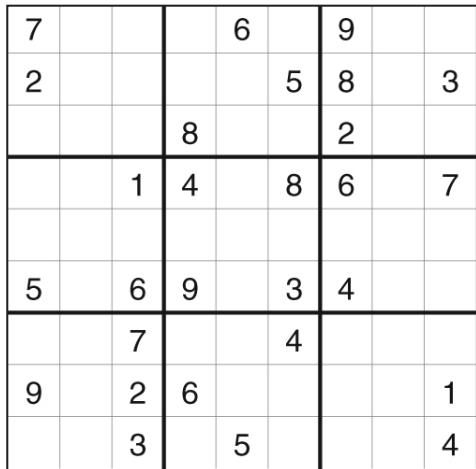
DOWN

1 Detail, for short
2 Game played on horseback
3 Bedouin
4 Change the title
5 Insanity
6 Springtime mo.
7 Surf-and-turf part
8 Leno's successor
9 Lynyrd Skynyrd classic
10 Willing, old-style
11 Transmit
17 Bobble
19 Golf legend Tony
22 Join together
24 By way of
25 And so forth (Abbr.)
26 Out of harm's way
27 Last to miss the deadline
29 Prompt
30 Conclude
33 Gripes repeatedly
36 Breadwinner
38 Fit inside one another
40 Sports arbiter
42 Cain's victim
43 Bound along
44 Sketched
46 — Minor (constellation)
47 Simple
48 Deli loaves
50 Away from WSW

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	5	4	3	8	6	9	2	1
6	9	3	2	4	1	5	8	7
1	2	8	7	5	9	3	4	6
3	4	1	6	2	5	8	7	9
5	8	6	9	7	4	2	1	3
9	7	2	8	1	3	6	5	4
8	1	9	4	3	2	7	6	5
2	3	5	1	6	7	4	9	8
4	6	7	5	9	8	1	3	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

FOR ALL YOU GUYS WHO HAVE TIME FOR A HAIRCUT, BUT NO TIME TO SHAVE...



MEET YOUR MATCH!

Metro Recipe of the Day



Country Frittata

INGREDIENTS:

2 tbsp (25 ml) olive oil
3 leeks, sliced into rings
1/2 butternut squash, peeled and cut into small cubes
2 tbsp (25 ml) pine nuts
8 eggs
1/2 cup (125 ml) 10% cream
3 tbsp (45 ml) grated Parmesan cheese
2 fresh sage leaves or small bunch of fresh chives, about 3/4 oz (20 g), chopped

METHOD:

1. Heat olive oil in heavy cast-iron or nonstick frying pan (10-12 in./25-30 cm diameter) that can be used safely under broiler (wrap wooden handle with foil).
2. Add leeks and squash to pan and stir well. Cook over medium heat for 10 minutes or until just soft,

stirring frequently. Stir in pine nuts.

3. While vegetables are cooking, break eggs into large bowl. Add cream, Parmesan and herbs. Season and mix thoroughly with fork. Stir in cooked vegetables, then tip mixture back into pan.
4. Turn down heat and cook gently 4-5 minutes or until almost set. Meanwhile, preheat broiler to high.
5. Slide pan under broiler and cook frittata 2-3 minutes or until puffed and golden brown. Eat hot or warm, cut into wedges.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.caARIES
MARCH 21-APRIL 20

Sometimes your views, especially about material matters, have been a bit too rigid in the past. But now you can see there are more important things.

LIBRA
SEPT 23-OCT 23

Something will happen today that makes you feel a whole lot better about your long-term prospects — emotional, professional and even financial.

TAURUS
APRIL 21-MAY 21

A new moon in your opposite sign means you can't have things all your own way, but why would you want to?

SCORPIO
OCT 24-NOV 22

What happens today, tomorrow and in the run-up to the Sun's change of signs on Nov. 22 will make you realize that life is good and getting better.

GEMINI
MAY 22-JUNE 21

You need help occasionally like everyone else, and now is the time to ask for it — especially if you find yourself being left behind on the work front.

SAGITTARIUS
NOV 23-DEC 21

You'll be asked to help a friend in need today and you won't think twice. But make it clear that you expect them to look after themselves in the future.

CANCER
JUNE 22-JULY 22

Your self-belief may have taken a dive in recent days but the new moon in your fellow water sign of Scorpio will bring your confidence flooding back.

CAPRICORN
DEC 22-JAN 20

You will leave an important task to the last possible moment today, but that's OK, because you thrive on that sort of pressure.

LEO
JULY 23-AUG 23

You no doubt feel sorry for someone whose luck has deserted them, but keep your distance and don't get personally involved.

AQUARIUS
JAN 21-FEB 18

No matter how many times you may have fallen short in the past, you will succeed now. Your ambitions will be intensified by today's new moon.

VIRGO
AUG 24-SEPT 22

Today's new moon will make you more outgoing than usual. That's good, because increased social contact could lead you to useful information.

PISCES
FEB 19-MARCH 20

The only reason some people don't want you to do anything out of the ordinary today is because they are worried it will make them look bad.

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This day in history

1384: Jadwiga is crowned King of Poland, although she is a woman.
1885: Métis leader Louis Riel is executed for treason after leading the Northwest Rebellion.
1938: LSD is first synthesized by Swiss chemist Dr. Albert Hofmann.
1940: In occupied Poland, the Nazis close off the Warsaw Ghetto from the outside world.
1997: After nearly 18 years of incarceration, the People's Republic of China releases Wei Jingsheng, a pro-democracy dissident, from jail for medical reasons.

METRO NEWS SERVICES

16 new ways to make life a little easier.

ESPN Score Center

Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris

Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts

Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.



Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi

\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

Bell

Apple iPhone 3G S